



DIETARY INFORMATION

PREPARING FOR AYAHUASCA

In order to prepare yourself for your ayahuasca journey it is essential that you follow a traditional diet that is part of the teachings of all the ayahuasqueros across the Peruvian Amazon. This diet will cleanse your body to ensure you will get the most out of your experience. By working with the plants we not only access the biological healing properties of the plant on a physical level, but also connect with the nature spirits who work through them. Your commitment to this diet will show the seriousness of your intention and your respect for the medicine which is crucial in developing a strong relationship with the spirits of the plants. The diet is not something to take lightly. You can get very ill, or experience a wide array of unpleasant experiences, physically, energetically and spiritually if you disrespect the plants, or disregard these guidelines. We advise you to start your diet at least two weeks prior to the retreat. We also strongly recommend that you keep dieting for two weeks after the last ceremony to give the Ikaró's and other plant medicines you received enough time to fully integrate into your being.

DIETARY GUIDELINES

Please abstain from the following foods and substances prior to, during and after your retreat:

SIX TO EIGHT WEEKS BEFORE CEREMONY:

* Some (anti-depressant) medications can present a serious danger to your health in combination with Ayahuasca. See our Medical guidelines & Medication policy.

TWO WEEKS BEFORE AND AFTER CEREMONY:

- * Pork.
- * Marijuana &
- * All street drugs (cocaine, MDMA, amphetamine, etc). These drugs in combination with Ayahuasca can present a serious danger to your mental and physical health. See our Medical guidelines.





ONE WEEK BEFORE AND AFTER CEREMONY:

- * Salt and pepper. (We recommend a small intake of salt every 3 days).
- * Chilies or other hot peppers.
- * Refined sugars and sweets.
- * Alcohol and Caffeine.
- * Cacao, cocoa, and chocolate.
- * Dairy produce, including cheese.
- * Red meat.
- * Oils and fats (use very sparingly).
- * Fizzy drinks (including “diet” sodas), energy drinks, non-alcoholic beer.
- * Fermented foods (such as tofu, saurkraut etc).
- * Overripe, bruised, and dried fruit.
- * Protein extracts, powdered protein supplements and shakes.
- * Yeast or yeast-based supplements.



AYAHUASCA AND SEXUALITY:

When you connect with another person in a sexual way, you share very deeply with that person and there is a great deal of energetic exchange. That exchange may cause you to “absorb” energies from another person which may not be in line with your own healing and transformation. So, to maintain the integrity and the momentum of your healing it is very important that you keep your energy to yourself.

Additionally, it is recommended that men avoid all ejaculation as there is great power in reserving the sexual energy to increase and strengthen your healing process. Therefore we strongly recommend no sexual activities of any kind, including masturbation for one week before, and one week after ceremony.

ADDITIONAL RESTRICTIONS:

- * Please avoid synthetic soaps, perfumes, toiletries, etc. during retreat.
- * We recommend not to use any prescription or non-prescription drugs during the retreat if possible (please read our Medical guidelines & Medication policy for more information).
- * Women in the first three days of their menstruation traditionally do not participate in ceremony. (This is not rooted in



any disrespect for the feminine only that the energy is very strong at this time and the body is already in a natural cycle of cleansing). To ensure you get the full benefit of your time here and are able to complete your ceremonies without interruptions, please take this into consideration when choosing the dates of your retreat.

The rules and recommendations on this page are for your own benefit. They are put in place so you can get the most out of your Ayahausca journey. They cleanse the body, mind and the energetic system for an optimal healing experience. They encourage you to take conscious steps towards a very profound experience. Please take them seriously. If you are not willing to adhere to them Pachamama Temple is very likely not the center for you. If you find yourself willing to remove these things in your life for a short period of your life in order to gain insight and healing Pachamama center will welcome you with open arms. We will do everything that we can to reward your devotion and hard work and provide you with all that you need to make a truly transformative journey within yourself during your retreat.